

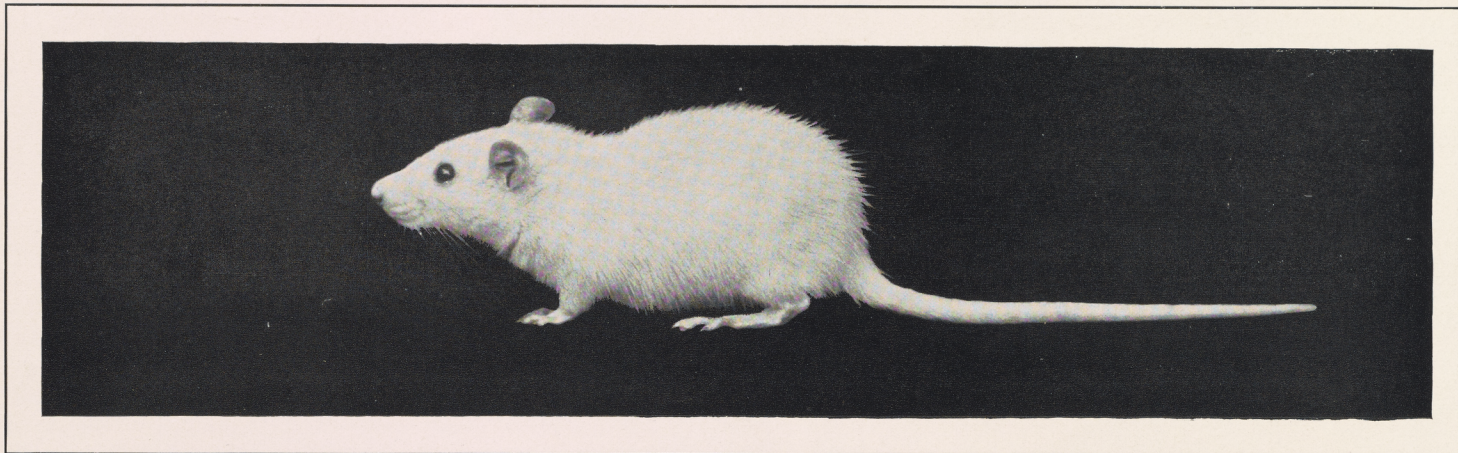
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Calcium

For Building Strong Bones and Teeth

Rats from the same litter, 22 weeks old

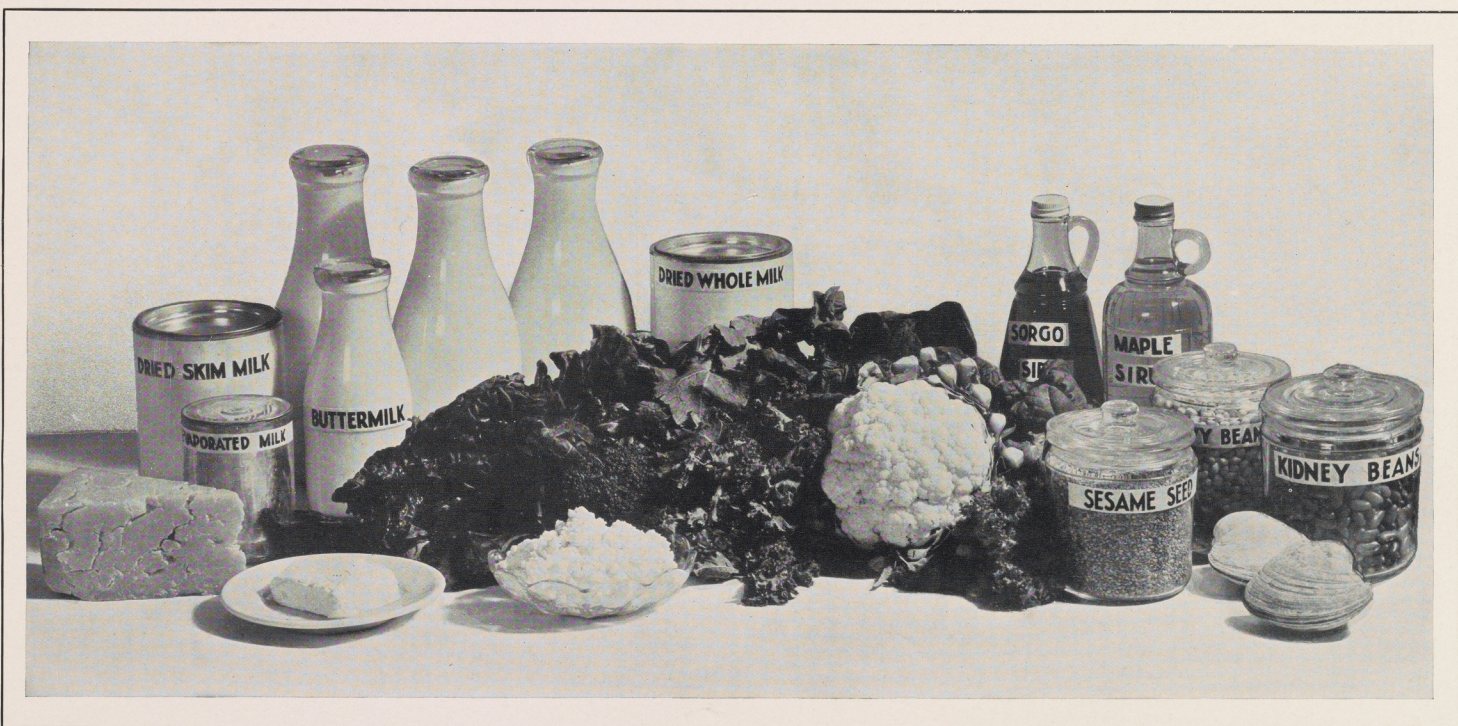


This rat did not have enough calcium. It weighed 91 grams.
Note the short, stubby body, due to poorly formed bones



This one had an abundance of calcium, and weighed 219 grams.
Its bones were well formed

Good Sources of Calcium



Milk, all forms
Cheese
Clams
Eggs

Vegetables, especially beet, turnip,
and mustard greens, kale, collards,
broccoli, cauliflower, turnips, and
beans

Almonds
Sirup—sorgo, maple, and
molasses
Sesame seed